



February 9, 2009

Vol. V, Issue 2

Mayor's Healthy Hometown Worksite Wellness Awards Applications Due

Don't miss out on the opportunity to give your organization's Worksite Wellness program the recognition it deserves. Applications for the 2009 Healthy Hometown Worksite Wellness Awards are available online at www.louisvilleky.gov/mhbm. **The extended deadline is Tuesday, February 10 and the awards will be presented by Mayor Abramson at GLI's Annual Awards Event, March 10 at the Kentucky Center.** You can apply in one of three categories; small (1-249 employees), medium (250-999) and large (1000+). The application is very simple so complete yours today!

Worksite Wellness Conference Scheduled for February 24th

Register today for The Mayor's Healthy Hometown Worksite Wellness Conference scheduled for Tuesday, February 24th, 7:30 am-10:30 am at Masterson's, 1830 South Third Street. Previous conferences have sold out so be sure to register today at <http://www.greaterlouisville.com/events> or call 502.625.0156. Kentucky's Business Coordinator Teresa Lovely will facilitate her workshop, "Six Steps to Worksite Wellness Success." Mayor Abramson will kick-off the new "Kentuckiana Metro on the Move" website designed to provide worksite wellness tools and tracking to any company that wants to participate. The website is possible by a generous grant from Anthem and facilitated by UAW/Ford's Kentuckiana Health Alliance. Breakfast is included and the registration fee is \$20.

Healthy in a Hurry Cornerstore Initiative Launched in Smoketown and California

Louisville's Healthy in a Hurry Cornerstore initiative is now underway! The Smoketown Dollar Plus on South Preston Street stocks fresh fruits and vegetables at an affordable price and Shorty's on Dixie Highway in the California neighborhood will follow soon! The program "grew" out of the Food Security Task Force with the YMCA and Center for Health Equity leading the initiative. The MHHM's newly merged Food in Neighborhoods Committee will continue this work as part of the Healthy Kids, Healthy Communities grant funded by the Robert Wood Johnson Foundation. **Support the initiative by purchasing your fresh fruits and vegetables at one of the Healthy in a Hurry cornerstores today!** For more information, contact Mike Bramer (mbramer@ymcalouisville.org) or Josh Jennings (joshua.jennings@louisvilleky.gov).

Healthy Hometown Advisory Council Meeting Scheduled for March 6th

Mark your calendars now for the next Advisory Council Meeting on March 6th, 10:00 am at the Forum of the Health Department. We will have updates from the Bike Summit and previews of the upcoming Food Summit. Please rsvp to mary.bradley@louisvilleky.gov. See you there!

Mayor's Miles Tracking Through the City

As part of the implementation of the Mayor's Healthy Hometown Community Walkability Plan, Mayor's Miles are continuing to pop up throughout the city. There is a new Mayor's Mile located at the University of Louisville Hospital on Jackson Street which loops behind the hospital and around Logan Street. Another Mayor's Mile is being installed around the Reservoir on Frankfort Avenue. Metro Parks is updating the signage on three Mayor's Miles within their system and adding a fourth. Plans are in development to include Mayor's Miles at several schools in the area. The Mayor's Miles are sponsored by the Louisville Water Company. The Walkability Plan is the result of last spring's Pedestrian Summit and provides a guideline for going forward with pedestrian friendly activities as well as addressing pedestrian issues.

Our Mayor's Healthy Hometown Movement Advisory Council Committees continue to meet and work to develop and prioritize important and innovative action plans. We encourage committee members to attend all committee meetings and any Council member can attend any and all committee meetings. All meetings are held at the Louisville Metro Health Dept., 400 East Gray Street unless otherwise noted. The next committee meetings are:

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| Active Living | February 17, 10 am in the Forum |
| Food in Neighborhoods | March 2, 5:30 pm at the downtown YMCA |
| Schools | February 11, 10 am at Gheens Academy |
| Worksite Wellness | March 12, 8 am at Baptist East Milestone Wellness Center |
| Step Up, Louisville! Task Force | February 17, 10 am (joint meeting with Active Living) |

Contact marigny.bostock@louisvilleky.gov to RSVP or for more information.

Healthy Hometown Partner News:

First Annual Louisville Food Summit is planned for Spring

Community Farm Alliance, in partnership with the Food in Neighborhoods Committee of the Mayor's Healthy Hometown Movement, is hosting the **first annual Louisville Food Summit on Saturday, April 11, 9 am-4 pm at Metro United Way, 334 E Broadway**. Register today at: <http://louisvillefoodsummit.eventbrite.com/>

Attend Louisville's Bike Summit II this week!

Your participation in the upcoming Louisville Bike Summit II is encouraged. The day-long event is a follow-up to the community's first Bike Summit held three years ago. **Bike Summit II is scheduled for February 12th at Salvation Army/ Male Campus (The Old Male High School)**. For more information and to sign-up, go to www.louisvilleky.gov/bikelouisville.

Trans Fat Free Louisville is now online:

Metro Council has directed the Department of Public Health and Wellness to assess the health risks of artificial trans fats and to conduct educational campaigns alerting the community of those risks. To assist in the development of the initiative, please visit www.transfatfreelouisville.com and click on "take our survey."

Bicycling for Louisville Monthly e-News Now Available:

Bicycling for Louisville, the region's only professionally-staffed charitable bicycle education and advocacy organization, now has its own monthly e-newsletter. The newsletter gives news on the

organization's projects and programs, including upcoming bicycling skills and safety courses for youths and adults. To subscribe, go to: <http://www.bicyclingforlouisville.org/newsletter>

More Mayor's Healthy Hometown Health Tip Posters are available! Twelve posters with fun graphics and important information which encourages good nutrition and the benefits of physical activity are posted on the **Healthy Hometown** website. All posters are designed for display at your place of work, study, worship or play. To receive these posters via e-mail attachment, contact smlcomm@aol.com or they can be downloaded from the **Healthy Hometown** website at www.louisvilleky.gov, click on "**Mayor's Healthy Hometown.**"

The **Mayor's Healthy Hometown Movement News** is designed to keep you informed of important Healthy Hometown Happenings as well as create a communications connection for all **Healthy Hometown** partners and interested participants. We encourage you to share any news, events and updates generated through your organizations and efforts ---all part of the Mayor's goal to make this one of the healthiest communities in America.

To submit information for publication consideration, please **DO NOT HIT REPLY**. Send edited items, including specific dates and times for events to smlcomm@aol.com. Please include any pertinent web links and an e-mail source for more information.

This is a publication of the **Mayor's Healthy Hometown Movement** and is distributed through the Louisville Metro Health Department. Please feel free to share this newsletter with anyone who has an interest in a healthy community. If you do not wish to receive this newsletter please notify us at mary.bradley@louisvilleky.gov.